



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Seiffert, Christian

Club: TSV Bantorf
Number: 574

Course: 20.80 km
Halbmarathon

Category:
Männer (20-29 Jahre)

Total time: 1:46:05

Speed: 11.31 km/h
Running performance: 5:06 min/km

Rank in course/Total: 29 (of 110)

Rank in course/Men: 25 (of 92)

Best time in course: 1:18:02

Rank in category: 2(of 14)

Best time in the category: 1:29:48

| Intermediate times | | | | | Stage score | | | | Total ranking | | | | | |
|--------------------|----------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Lap 1 | 3.30 | 16:23 | 4:57 | 4 | 2:54 | 28 | 3:49 | 3.30 | 16:23 | 4:57 | 2 | 2:54 | 92 | |
| Lap 2 | 1.70 | 9:56 | 5:50 | 9 | 1:45 | 47 | 2:50 | 5.00 | 26:19 | 5:15 | 2 | 4:39 | 92 | |
| Lap 3 | 2.10 | 9:00 | 4:17 | 6 | 1:16 | 40 | 2:08 | 7.10 | 35:19 | 4:58 | 2 | 5:55 | 69 | |
| Lap 4 | 4.95 | 27:29 | 5:33 | 8 | 4:53 | 41 | 7:19 | 12.05 | 1:02:48 | 5:12 | 1 | - | 50 | |
| Lap 5 | 3.65 | 16:03 | 4:23 | 2 | 1:07 | 16 | 3:14 | 15.70 | 1:18:51 | 5:01 | 2 | 11:55 | 91 | |
| Lap 6 | 1.40 | 7:51 | 5:36 | 10 | 2:29 | 75 | 3:33 | 17.10 | 1:26:42 | 5:04 | 2 | 14:24 | 90 | |
| Last lap Finish | 3.70 | 19:23 | 5:14 | 2 | 1:53 | 18 | 8:38 | 20.80 | 1:46:05 | 5:06 | 2 | 16:17 | 25 | 28:03 |